

# Batido Smoothie

**Rating:** ★★★★★

**Prep time:** 10 minutes

**Makes:** 4 Servings

This refreshing smoothie is a blend of papaya, banana, and yogurt and makes a satisfying part of breakfast or any time of day. Mix in frozen or fresh berries for a variety of flavors.

## Ingredients

- 2 cups** papaya chunks (fresh or frozen)
- 2** bananas (overripe, sliced)
- 1 cup** plain low-fat yogurt
- 1 cup** ice cubes

## Directions

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away or cover and refrigerate up to 4 hours.

## Notes

- One cup of low-fat milk, soy, rice, almond or coconut milk can be used instead of yogurt.
- Strawberries, blueberries, or raspberries can be used in addition to or instead of papaya.

USDA Center for Nutrition Policy and Promotion



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	118	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	25 g	8%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	46 mg	2%

## MyPlate Food Groups

Fruits	1 cup
Dairy	1/4 cup